



## MONITOR THE EFFECTS OF YOUR FEELINGS



Expressing feelings		Keeping feelings hidden	
Advantages	Disadvantages	Advantages	Disadvantages
<ul style="list-style-type: none"><li>• <i>Getting advice</i></li></ul>	<ul style="list-style-type: none"><li>• <i>Being judged</i></li></ul>	<ul style="list-style-type: none"><li>• <i>Privacy</i></li></ul>	<ul style="list-style-type: none"><li>• <i>Stress</i></li></ul>